

# What's On:

## April 2025 Aberdeen




Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.



If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Tuesday 1 April	<b>Football Memories</b> Join us for a chance to reminisce about football. There will also be an opportunity to look through our extensive collection of football/sporting books available in the centre. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am-12noon</b>
Tuesday 1 April	<b>Carers Cuppa</b> Whilst the footballers reminisce, an opportunity for others to have a chat and enjoy a fine piece. All carers welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am-12noon</b>
Wednesday 2 April	<b>No Yoga - school holidays</b>	
Wednesday 2 April	<b>Musical entertainment afternoon – The Melting Pot</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30pm-3pm</b>
Thursday 3 April	<b>Music Performance: Aberdeen Student Show</b> We are delighted to be joined by some of the talented young performers from this year's Aberdeen Student Show <i>Seagully Blonde</i> . As many of you are aware, the Student Show has been an event in Aberdeen for many years. Please come and support them before their performance at HMT at the end of the month. Please feel free to arrive from 10.30am to get a good seat and a cuppa in hand! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am-12noon</b>
Friday 4 April	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am-12.30pm</b>

Friday 4 April	<b>Community Café with information from Home Energy Scotland- All welcome</b> Home Energy Scotland will be attending our café. Come along for a cuppa and have a chat with the advisor about ways to reduce energy bills, how to make your home warmer and potential funding possibilities to make your home more efficient and cheaper to heat. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12.30- 2.30pm</b>
Friday 4 April	<b>Musical Memories</b> This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	<b>1.30-3pm</b>
Monday 7 April	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30- 2.30pm</b>
Tuesday 8 April	<b>Tea, toast and a try!</b> Join Sonia for some tea and toast, and an opportunity to try out an activity. No obligation, but you may discover something new you enjoy. Activities will vary each month. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11-12.30pm</b>
Wednesday 9 April	<b>No Yoga - school holidays</b>	
Wednesday 9 April	<b>Musical entertainment afternoon – Raymond Mack the Singing Bobby</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>
Thursday 10 April	<b>Bacon Butty, a Brew and a Blether</b> Join Diane for a bacon butty and brew, and a chance for a catch up! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Thursday 13 February	<b>Professionals Drop-In</b> An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide, including the new Aberdeen Brain Health Service. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Friday 11 April	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Monday 14 April	<b>Quarriers</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>
Monday 14 April	<b>Twilight Session for Teachers: STARS My Amazing Brain</b> A session for primary teaching staff to explore the <i>STARS My Amazing Brain</i> Brain Health Resources. Any teacher wishing to attend should email: SGow@alzscot.org <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>4-5pm</b>

Tuesday 15 April	<p><b>ADAM: About Digital and Me - A Beginner's Guide!</b></p> <p>Have you ever had a browse through the resources on ADAM. Everything in ADAM's catalogue has been tested by families living with dementia and our small, expert Digital Team to ensure that resources are something that is likely to be useful.</p> <p>This session is simply to look at the site over a cuppa and chat, to share knowledge, and find out what's available.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	2-3pm
Wednesday 16 April	<p><b>Chair based yoga</b></p> <p>Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b></p> <div style="display: flex; align-items: center;">  <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center;"> <p>Kathy Julius Yoga Trust</p> </div> <div style="margin-left: 10px; text-align: center;">  <p style="font-size: 8px;">OSCR Scottish Charity Regulator www.oscr.org.uk Registered Charity SC038718</p> </div> </div> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	11am-12 noon
Wednesday 16 April	<p><b>Musical entertainment afternoon – Jack McPherson</b></p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	1.30-3pm
Thursday 17 April	<p><b>Relaxation</b></p> <p>Join us for a chance to relax and unwind.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	1.30-3pm
Friday 18 April	<p><b>No Art Group</b></p>	
Friday 18 April	<p><b>The kettle's on – drop in session</b></p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b></p>	10.30-12 noon
Friday 18 April	<p><b>Musical Memories</b></p> <p>This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served.</p> <p><b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b></p>	1.30-3pm
Monday 21 April	<p><b>Easter Monday Daffodil Tea</b></p> <p>Spring is in the air. Enjoy some centre made home bakes (including shortbread) over a cuppa and chat with friends, with some easy listening background music.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b></p>	2-3.30pm
Tuesday 22 April	<p><b>Men's Young Onset (under 65s) Peer Support Group</b></p> <p>A chance for men living with dementia to get together over a cuppa.</p> <p><b>Contact Lori Fotheringham, Young Onset PDS Link Worker by email: <a href="mailto:LFotheringham@alzscot.org">LFotheringham@alzscot.org</a> or call 07824524213</b></p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	1-2pm

Tuesday 22 April	<b>The Way It Was: Royal Mint Reminiscence Box (Pre decimalisation)</b> Join us to explore a Royal Mint pre decimalisation box and share stories of banks, wages, coins and what you could buy and still have change from a shilling! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	2-3pm
Wednesday 23 April	<b>Chair based yoga</b> Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am- 12 noon
Wednesday 23 April	<b>Musical entertainment afternoon with Kath Keith</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-3pm
Thursday 24 April	<b>Technology Awareness Session</b> Come and join us to find out more about technology and how it can support you. This session is suitable for those who have never used technology before, those who know a little and those who know a lot. The content of the session will be guided by those attending and what they'd like to know more about. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-2.30pm
Friday 25 April	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am- 12.30pm
Monday 28 April	<b>Carers Support Group</b> For anyone supporting someone with dementia- an opportunity to meet carers in a similar situation, to share experiences and get peer support. There is a reminiscence group running at the same time in a separate area for people with dementia. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	10.30am- 12noon
Monday 28 April	<b>Coffee Morning Memories</b> Join Alan Johnston for some reminiscence. For people with dementia. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	10.30am- 12noon
Monday 28 April	<b>Quarriers</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	12-2pm
Tuesday 29 April	<b>Talkspot: Aberdeen Cinemas the Golden Years – Barney Crockett</b> We are delighted to welcome former Lord Provost Barney Crockett to the centre for this month's Talkspot on the golden years of Aberdeen cinemas. Come and reminisce about all the past picture houses. Please arrive from 1.30pm so we can get a cuppa before the talk starts at 2pm. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	2-3pm

Wednesday 30 April	<p><b>Chair based yoga</b></p> <p>Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b></p>   <p><b>Kathy Julius Yoga Trust</b></p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<p><b>11am- 12 noon</b></p>
Wednesday 30 April	<p><b>Musical entertainment afternoon with Cate McPherson</b></p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<p><b>1.30-3pm</b></p>





**2025: The return of the Memory Walk to Aberdeen!**

Further details to follow.

### Contact details for groups

<p><b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b></p> <p><a href="mailto:aberdeencityservices@alzscot.org">aberdeencityservices@alzscot.org</a></p> <p>01224 644077</p>	<p><b>Karen Black - Centre Manager</b></p> <p><a href="mailto:KarenBlack@alzscot.org">KarenBlack@alzscot.org</a></p> <p>07585 669654</p>
<p><b>Diane Johnston – Support Worker Aberdeen City</b></p> <p><a href="mailto:djohnston@alzscot.org">djohnston@alzscot.org</a> 01224 644077</p>	<p><b>Sonia Gow – Centre Activities Coordinator</b></p> <p><a href="mailto:sgow@alzscot.org">sgow@alzscot.org</a></p> <p>01224 644077</p>

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/aberdeendrc>

**24 HOUR**

**Dementia**  **Alzheimer Scotland**  
Action on Dementia

**Helpline**

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)